

# Welcome!

Tucked between the growing cities of Raleigh, Cary, Durham and Research Triangle Park is an oasis of tranquility; a peaceful haven known as William B. Umstead State Park.

Here, two worlds merge as the sounds of civilization give way to the unhurried rhythm of nature. Highways fade in the distance as trees, flowers, birds and streams form a more natural community. William B. Umstead State Park is a place to escape the pressures of everyday life, to picnic in the pines, to wait for a fish to bite, to take a hike or horseback ride on trails through the woods.

Divided into two sections, Crabtree Creek and Reedy Creek, this 5,579-acre park is easily accessible from Interstate 40 and U.S. 70. Get away from it all. Visit William B. Umstead State Park and enjoy this region of wilderness at the city's doorstep.



## Information

To learn more about William B. Umstead State Park, contact:

William B. Umstead State Park  
8801 Glenwood Avenue  
Raleigh, NC 27617  
(919) 571-4170  
Emergencies after 5 p.m.: (919) 218-9106  
denr.dpr.william.umstead@lists.ncmail.net  
www.ncparks.gov

Discover other North Carolina state parks and recreation areas, contact:

N.C. Division of Parks and Recreation  
Dept. of Environment and Natural Resources  
1615 Mail Service Center  
Raleigh, NC 27699-1615  
(919) 733-4181

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## Legend

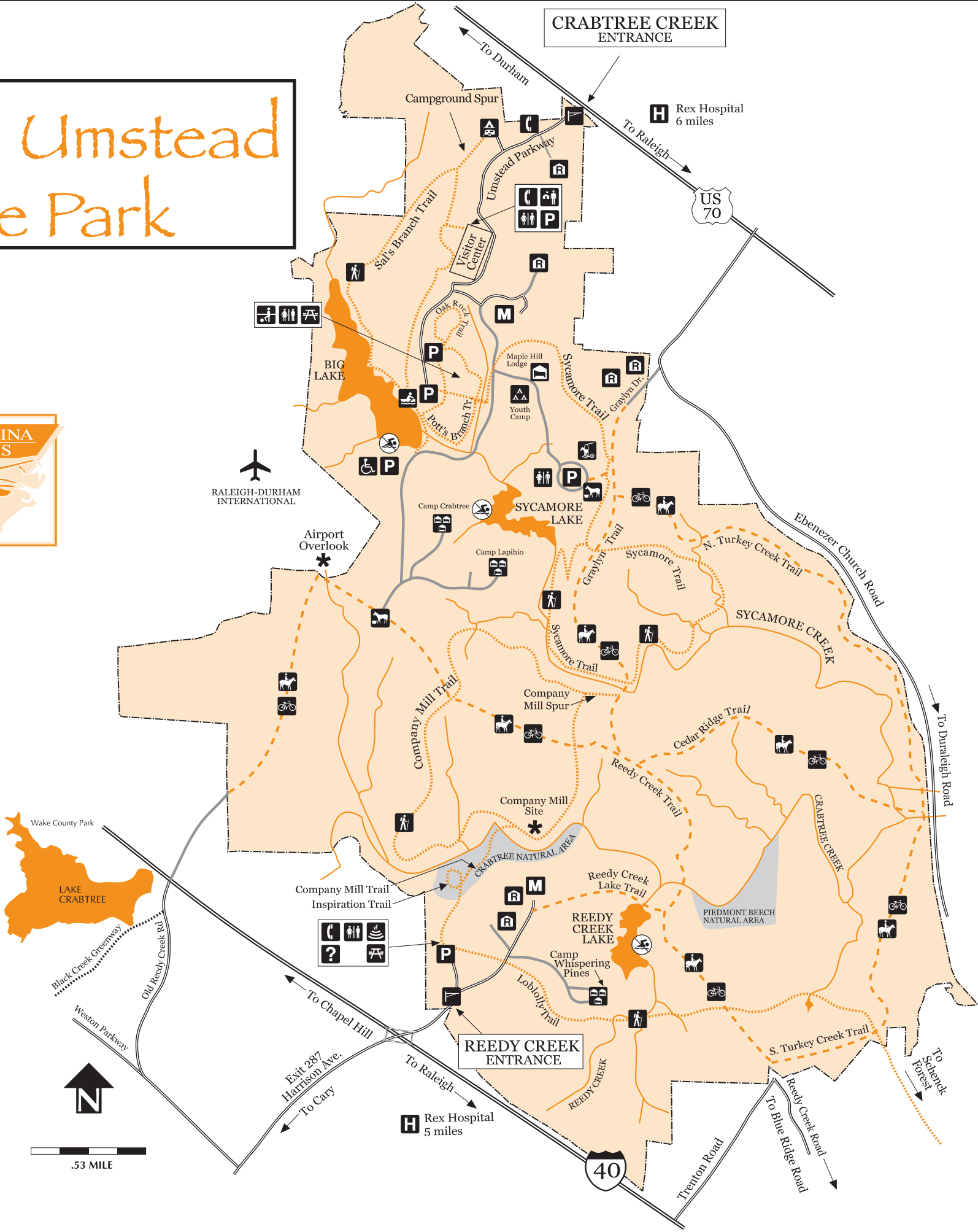
- Accessible
- Amphitheater
- Boat Rental
- Boundary
- Group Camp
- Information
- Lodge (Primitive)
- Multiuse Trailhead Parking
- No Swimming
- Park Gate
- Park Office
- Parking
- Playing Field
- Picnicking
- Point of Interest
- Public Telephone
- Ranger Residence
- Restroom
- Rex Hospital 919-783-3100
- EMERGENCY Dial 911**
- Roads**
  - Gravel
  - Paved
- Tent/Trailer Camping**
- Trails**
  - Bike
  - Bridle
  - Greenway
  - Hiking
  - Maintenance
  - Water for Horses
  - Youth Camp

## Trails

Trail	Difficulty	Distance	Identification
Multiuse Trail	moderate	13.0 miles	red circles
Campground Spur	easy	.4 miles	white circles
Company Mill Trail	moderate	5.8 miles	orange squares
Company Mill Spur	easy	.2 miles	white diamonds
Inspiration Trail	easy	.3 miles	blue diamonds
Loblolly Trail*	moderate	2.7 miles	blue squares
Oak Rock Trail	easy	.6 miles	white squares
Pott's Branch Trail	easy	1.25 miles	orange diamonds
Sal's Branch Trail	moderate	2.75 miles	orange circles
Sycamore Trail	moderate	7.2 miles	blue triangles

\* DISTANCE TO PARK BOUNDARY

# William B. Umstead State Park



N.C. Division of Parks and Recreation  
Department of Environment and Natural Resources



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William B. Umstead State Park is located in Wake County, N.C., between Raleigh and Durham. The Crabtree Creek section is located 10 miles northwest of Raleigh off US 70. The entrance to the Reedy Creek section is 11 miles west of Raleigh off I-40.

## Park Hours

November - February	8 a.m. – 6 p.m.
March - May, September & October	8 a.m. – 8 p.m.
June - August	8 a.m. – 9 p.m.
Closed Christmas Day	



## On The Lakes

Three man-made lakes are part of the picturesque beauty of William B. Umstead State Park. The largest is Big Lake, which lies on Sycamore Creek. From the parking lot in the Crabtree Creek section, an access path leads to this 55-acre body of water. Further downstream is Sycamore Lake and near the intersection of Crabtree and Reedy creeks, is Reedy Creek Lake. Each is about 25 acres. Private boats and gasoline motors are not permitted on the lakes. Swimming is permitted at Sycamore and Reedy Creek lakes, but only by registered group campers.

**Fishing:** Anglers will enjoy casting a line at William B. Umstead State Park. Fishing is permitted in each of the three lakes and the many connecting streams. Common catches include bass, bluegill and crappie. Hear a fish tale from park staff or make up your own. Regulations of the North Carolina Wildlife Resources Commission are enforced.

**Row, Row Your Boat:** Rent a canoe at the boat-house on Big Lake. These small boats are the perfect way to spend an afternoon. Rentals are available daily throughout the summer and on weekends during spring and fall. **Private boats and gasoline motors are not permitted.**

## History Highlights

Long before the first settlers, the area now known as William B. Umstead State Park was an untamed land. American bison, elk, bobcat and wolves roamed majestic forests of oak, hickory and beech. Americans Indians later inhabited the land and avenues of trade were developed nearby; the Oconeechee trail to the north and the Pee Dee trail to the south. In 1774, land grants opened the area for settlement.

Forests were cleared as agricultural interests sprouted. While early farming efforts were successful, poor cultivation practices and one-crop production led to depletion and erosion of the soil. During the Depression, farmers made futile attempts to grow cotton in worn-out soil around Crabtree Creek.

In 1934, under the Resettlement Administration, federal and state agencies joined to buy 5,000 acres of this submarginal land to develop a recreation area. The Civilian Conservation Corps, as well as the Works Progress Administration, helped construct the site, while providing much needed jobs. Four camps along with day-use and picnic facilities were built and the park opened to the public in 1937. The state purchased Crabtree Creek Recreation Area for a grand total of one dollar. More facilities were built as the General Assembly made its first State Parks Division appropriation in the 1940s.

In 1950, more than 1,000 acres were established as a separate park for African-Americans known as Reedy



Creek State Park. Crabtree Creek was renamed a few years later after former Governor William Bradley Umstead because of his conservation efforts. In 1966, Crabtree Creek and Reedy Creek parks were united under the same name, and William B. Umstead State Park was open to everyone.

## Group Gatherings

Travel to William B. Umstead State Park for your next group adventure. Three group camps – Camp Crabtree, Camp Lapihio and Camp Whispering Pines – are available to youth groups and non-profit organizations. Each camp includes a mess hall and dining area, camper and staff cabins and washhouses. Located in the heart of the woodlands, each camp offers ample opportunity to explore the wonders of nature. Swimming in Sycamore and Reedy Creek lakes is a popular group camp activity. Groups are responsible for providing swimming supervision and water safety.

### Reservations and Fees

Group camps are open April through October and may be rented daily in spring and fall or weekly during the summer. Accommodating between 27 and 120 persons, an entire camp may be rented or a unit of cabins may be rented. Fees vary accordingly. A minimum of 10 persons is required for the rental of a group camp or unit. Reservations for the group camps must be made in writing. Contact the park office to obtain reservation forms and fee information.

## Picnicking

Bring your favorite food and non-alcoholic drink for a great meal in the outdoors. Tables, grills and scenery are provided free of charge. A pine/hardwood forest forms a canopy for 40 picnic tables in the Crabtree Creek section. Reedy Creek offers 30 tables scattered under the trees. Drinking water, restrooms and parking are conveniently located nearby.

Crabtree Creek has two shelters for group picnics. One shelter accommodates up to 100 people while the other is for smaller gatherings of 20 people or less. A fireplace in each shelter offers an ideal setting for cool-weather dining. There are two picnic shelters with fireplaces at Reedy Creek; one accommodates 125 people and has an attached stone deck. The other shelter at Reedy Creek accommodates 60 people and is accessible. William B. Umstead State Park's picnic shelters are extremely popular, so reservations are suggested to ensure availability. When not reserved, use of shelters is free of charge.



## Trails

### Hiking Trails

Twenty-two miles of hiking trails provide access to most of William B. Umstead State Park. Visitors may choose between a short stroll along a nature trail or a more extensive hike into the woods. Either choice will be rewarding as the beauty and diversity of the park's natural resources are best seen from any one of its many trails. Some of the trails at William B. Umstead State Park interconnect; to avoid becoming lost, pay close attention to trail markers. See park map for trail descriptions. **No bikes or horses are allowed on the hiking trails.**

### Bridle Trails

For those who prefer horseback, approximately 13 miles of bridle trails traverse some of the most scenic and secluded parts of the park. Signs mark the equestrian trails. Horses are restricted to these trails and are not permitted in other areas of the park, including hiking trails. Bridle trailhead parking is available off Sycamore Road past Maple Hill Lodge.

### Mountain Bike Trails

William B. Umstead State Park is one of the few state parks offering trails for those who enjoy a bike ride through the forest. The mountain bike trails follow the same roads as the bridle trails and are accessed at the same points. Bike trailhead parking is also available off Sycamore Road past Maple Hill Lodge. **Mountain bikes are prohibited on the hiking trails.**

## Camping

**Tent/Trailer Camping:** Stay a while and take time to enjoy William B. Umstead State Park. The tent/trailer campground is open Thursday through Monday, March 15 to December 15. Twenty-eight campsites, well-shaded by a hardwood forest, offer picnic tables and grills. Hookups are not available, but drinking water and restrooms with showers are centrally located. The campsites are available on a first-come basis for a modest fee.

**Primitive Camping:** Two primitive camps are open year-round for youth groups and non-profit organizations who want a more rugged camping experience. The youth tent camp offers tent sites, a pit privy and running water and accommodates up to 25 people. Maple Hill Lodge is also available for groups. Facilities include a fireplace, drinking water and restrooms. The lodge houses up to 25 people. Reservations are required for use of these camps.

## Flora & Fauna

What better way to learn about nature than to be surrounded by it? Due to conservation efforts years ago, new forests are being established in William B. Umstead State Park today. The exhausted and eroded farmlands and forests, once stripped of timber, are slowly being restored to their former grandeur. The varied landscape is now home to beavers, ducks, raccoons and deer. A variety of trees, shrubs, ferns and wildflowers offer beauty in every season. Rhododendron and laurel – plants which many travel to the mountains to see – are abundant along the park's creeks and streams.

The Piedmont Beech Natural Area, a 50-acre tract of towering beech trees deep in the heart of the park, is included in the National Registry of Natural Landmarks. Due to the need to protect the sensitive nature of the area, access is allowed only by special permit. Crabtree Shrub Slopes Natural Area may be accessed by hiking from Company Mill Trail for viewing; however the importance of preservation of the slopes is paramount.



## Nature's Classroom

William B. Umstead State Park holds the key to many of nature's best-kept secrets. Unlock the door to nature's classroom and watch the mysteries begin to unfold. Our rangers will guide you on exciting explorations where you'll uncover fascinating natural surroundings and make discoveries about the world in which we live. Bring our state's rich natural and cultural heritage alive; embark on a learning adventure in William B. Umstead State Park and discover this natural laboratory where visitors may observe the processes of ecological succession.

**Visitor Center** - Constructed with funds from the 1993 state parks bond, the park's visitor center not only helps visitors learn a little more about the area, but also serves as a site for interpretive programs. Contact the park office to find out about our regularly scheduled programs or to arrange a special exploration for your group or class.

## Rules & Regulations

Make your visit a safe and rewarding experience. Our rules are posted throughout the park for the protection of our park and our visitors. Help preserve our natural resources by observing the following:

- ❑ The removal of any plant, animal, artifact or mineral is prohibited.
- ❑ All North Carolina state parks are wildlife preserves. Hunting or trapping is not permitted.
- ❑ Do not litter; throw trash in proper receptacles. State law requires aluminum cans be placed in recycling containers.
- ❑ Fishing is permitted only during park hours. Regulations of the North Carolina Wildlife Resources Commission are enforced.
- ❑ Camping is permitted in designated areas by permit only.
- ❑ Cooking fires are permitted only in designated areas.
- ❑ Collecting firewood from the forest is prohibited.
- ❑ As a courtesy to other campers, please observe the campground quiet hours from 10 p.m. to 6 a.m.
- ❑ Firearms, fireworks and all other weapons are not permitted.
- ❑ The possession or consumption of alcoholic beverages is prohibited.
- ❑ North Carolina motor vehicle and traffic laws apply in the park. Observe the posted 25 mph speed limit.
- ❑ Pets must be on a leash no longer than six feet. Pets are not allowed in the boats, bathhouse, cabin areas, visitor center or swimming areas.
- ❑ Horses and mountain bikes are allowed **only** on trails designated for their use.

## For Your Safety

To prevent accidents, remember these safety tips.

- ❑ Do not feed or approach wildlife. North Carolina is experiencing a rise in West Nile virus and Lyme disease cases. Report sick or aggressive animals to rangers.
- ❑ To be certain of your location, obtain a park map before hiking park trails.
- ❑ To avoid being caught by darkness, allow plenty of time for a hike: The average person hikes at the rate of one mile in 20 minutes. Take this rate into consideration when you hike so that you allow plenty of time to return to your vehicle before closing hours. Also keep in mind Daylight Savings Time and the early onset of darkness in the late fall and winter months.
- ❑ Be alert – poison ivy, poisonous snakes, ticks and mosquitoes may be found in the area.
- ❑ Water in the park creeks and streams is not suitable for drinking.
- ❑ If you have vehicle problems or must leave a vehicle in the park overnight, contact 1) the park staff office, 2) the park staff cell phone or 3) dial 911.
- ❑ Bicyclists should slow down and yield when approaching horses or hikers.
- ❑ Do not leave valuables in plain sight in your vehicle. Lock valuables in your trunk before you arrive at the park. Criminals are known to watch parking lots to observe who locks purses, etc. in the trunk.

Contact park staff for other safety tips or an explanation of park rules.

The N.C. Division of Parks and Recreation is a division of the Department of Environment and Natural Resources.

William G. Ross Jr.  
Secretary



Michael F. Easley  
Governor

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